



# NEWSLETTER

February 2025



This edition dedicated to Bill "Hills" Allcock.

# Contents

General Liss Runners information: page 3.

Club contracts: page 4.

Chairpersons comments: page 5 & 6.

Editor's comments: page 7.

Pub Runs 2025 page 7.



Tribute to Bill's "Hills" Allcock pages 8 to 11.

Hampshire Road Race League reports:  
pages 12 to 16.



Southern Cross Country League reports: pages 17 – 21.

Liss Runners Christmas get together dinner: Page 22.

Boxing Day Run/Walk: page 23 and 24.

Kit corner: page 25

Fancy a race? : page 26.

Runners profile: Caroline Brown: pages 27– 29.

Training matters: Hill training: Pages 30 – 32.

Fav. Run: Liphook to Liphook via Griggs Green and Passfield: pages 33 – 36.

## A couple of dates for your diary...

Wed. 2<sup>nd</sup> April: **Liss Runners Club Championship** "Trevor's Challenge": Approx. 4 and ½ mile run Liss to Liss via Liss Forest and Rake Road. Who will be the Ladies and Men's club champions? Great race as well. This race will also give runners their "Handicap times" for the club's **Handicap series** usually held on the first Wednesday of every month until September.

Wed. 16<sup>th</sup> April: **Liss Runners AGM**. If possible, please attend to steer the club's future. Is the club being run as club members wish? Is there anything club members don't like? Is there any ideas, requests for the future? Also a great social evening.

Note: there will be no general Liss Runners training on the AGM evening.

## **General Liss Runners information**

Spring is approaching and evenings are starting to brighten up but there are still many weeks of dark evenings. It would be recommended that for any running in the dusk or dark please wear Hi-viz clothing with reflective strips or belts, so, car drivers can see lights reflected into their eyes and it is club rules to do so on Liss Runners sessions. Head torches are a good idea but please angle the beam down to the ground, so fellow runners and others are not blinded.



Liss runners website: [liss-runners.org.uk](http://liss-runners.org.uk)

## **Liss Runners Weekly organised activities:**

**Sunday:** Morning long run (around 10 miles usually on the road): meet up Newman Collard Car park in Liss (what three words: ghosts.firmly.sprayed) at 9am.

**Tuesday:** "torch" runs: evening trail runs over 5 to 7 mile routes: note: trail shoes are ideally needed and a head torch is a must on dark evenings. Locations change every week with a meeting time of 7.15pm. There is a WhatsAppGroup for the weekly location. (no report yet, of the torch runs, from a regular!).

**Wednesday:** Interval training session: A number of club members are kind enough to each organise a Wednesday evening training session. Meet up at Newman Collard Pavilion at 7pm or closer to the training location, which is on a club e-mail before Wednesday. All speeds welcome as training is in one place or there are "gather ups". **Trainers and their dates (may be subject to change on the evening):** March 19th: Tom Frost ; March 26th: Dave Brown ; April 2nd: Trevor's Challenge ; April 9th: Kim King ; April 16th: AGM ; April 23rd: James White ; April 30th: Helen Purchase ; May 7th: Handicap ; May 14th: Max Stuart ; May 21st: Dave Brown ; May 28th: John Collis ; June 4th: Handicap ; June 11th: Tom Frost ; June 18th: James White ; June 25th: Helen Purchase ; July 2nd: Handicap ; July 9th: Max Stuart.

**Thursday:** Social runs: Easy paced runs with frequent stops to "gather up". Meet up at 7pm in the Central Car Park, Petersfield near Waitrose (what three words: sugar.bumpy.besott).

Liss Runners Important Club Contacts: -



Club Chairperson:  
Catherine Seager



Club Secretary:  
David Reid



Club Treasurer:  
Andrew Turner



Club Ladies Captain:  
Caroline Brown



Club Mens Captain:  
Steve Armstrong



Club Communications officer:  
Jayne Jefferies



Trained club welfare officer:  
John Collis

Club kit officer: Stuart Lalavette  
Club membership officer: Rose Lewis



Sunday run co-ordinator:  
Neil Gwatkin

Club social secretary:  
Alison Strudwick



Wednesday training co-ordinator:  
Helen Purchase



Club newsletter Editor:  
Tom Frost

## Chairperson's Comments...

Welcome to February's Liss Runners newsletter, a huge thanks as always to Tom for putting it all together so beautifully.

Despite the temptation to hibernate at home, the past three months have been fantastic for the club with our runners turning out in force to our weekly sessions and races.

Christmas time was a busy one for the club with our social runners taking to the streets to do some Strava art, creating a reindeer shaped route, finishing in the pub. Thanks to Paul and Ellie for the advent(ure).

There were two Southern Cross-Country races in December; the notorious mud fest that is Lord Wandsworth early in the month and the rescheduled Alice Holt event just before New Year. Finishing 2nd and 1st respectively, and with unrivalled support from non-running members and the 'Little Lissers', both events were great fun as well as incredibly successful.

Tom put on a lovely Boxing Day run and walk which was very welcome after the usual Christmas excesses. The children enjoyed the walk in Waggoners Wells, finding so many trees to climb and edges to jump from, that our runners were worried that the walkers had got lost! We eventually managed to meet up at the end for mince pies!

The running was balanced with a great Christmas party at the Half Moon dinner dance. Thanks very much to Alison for getting that all organised and to everyone that attended. It was a particularly stormy weekend, which managed to wipe out the electricity supply for many, so it was a relief the pub managed to stay open.

Stubington 10k kicked off the 2025 racing calendar quickly followed by the 4th Cross-Country of the 2024/25 at Chawton Woods and a beautiful day out for the Ryde 10 mile. We are currently placed top in the Southern Cross-Country league with the final race to come at Bourne Woods. The captains are pushing for a huge turnout from the club members to avoid Basingstoke sneaking ahead in the final event! These are free to attend for all EA affiliated club members and great fun so if you are new to the club and fancy coming along, please do join in! As always, we will be the team with the best post-race snacks to enjoy no matter what the result!

In the Hampshire Road Race league our men are on course to get promotion to the top division next season, whilst our women sit in 4th in the league's top division. We have 5 more HRRL races to enjoy over the next few months. Steve and Caroline will continue to send details of upcoming events or ping us a message if you're keen to know more.

I'd like to take this chance to acknowledge the passing of Bill Allcock who sadly died on the 9<sup>th</sup> of December 2024.



As well as being one of our longest serving members, and a fantastic runner himself, Bill was the most generous person with both his time and encouragement.

He led our flagship Wednesday night interval sessions for many years and continued on until his health was no longer up to doing so. Bill's Hills sessions will provide fond memories for all of us that were lucky enough to have benefitted from these! Despite being unable to continue as a club trainer he continued to attend the South Downs Relay, Emsworth Relay and our Harting 10 race offering support wherever he could. He will be sorely missed at these as they roll around in 2025.

Sending all our love to his wife Julie and his family and a huge thank you to both Bill and to them for everything that they have given.

It feels as though Spring is within touching distance. I for one am looking forward with a big smile to the longer, warmer days! Please bear in mind as it gets lighter that it's so easy to get caught out, so do use caution and wear reflective clothing and carry a head torch if heading out for a later run.

With the better weather we can start to look forward to the return of track sessions and torch(less) runs where we can enjoy the views whilst taking in the beautiful trails we have on our doorstep.

We'll be able to venture beyond the estate in our Wednesday sessions and Thursday social runs will see us moving to a few more trail routes too.

Alongside our usual evening sessions Spring also sees the return of our handicap series which will replace every first Wednesday training monthly from April through to September. For those new to the club this year more details to follow, but they are brilliant fun and a great way to be rewarded for progression no matter what your usual pace.

Finally, we have the Emsworth and South Downs Relays taking place in May and June. Both include plenty of opportunity to get out and explore the routes whether you are in a team or would just like to go and run somewhere different with those that are. As always let us know and it's always the more the merrier!

Catherine

## Editor's Comments

Third one in. As always, many thanks to all who have contributed. Any feedback on the format? Anything anybody wants different to include or miss out? Just let me know as e-mail below.

I'm still after any input from club members or you'll have to keep putting up with my nonsense! If you have got up to or taken part in anything of interest to other club members, e-mail a report and photographs pretty please!

I'm especially after volunteers to submit answers to the runners profile sheets: could runners please contact me if you are willing to be featured. Don't be shy! please; before I come a badgering! Otherwise it will be a short series.

Also I like to feature any of your favourite run routes (like mine on pages 33 to 36).

Anything to go in a future newsletter please e-mail me on: -

[tom.frost@westsussex.gov.uk](mailto:tom.frost@westsussex.gov.uk)

I aim to produce the next Liss Runners newsletter in May.

## Pub Runs 2025



The evenings are beginning to lighten up. It won't be long till Spring has sprung! Liss Runners annually arrange fortnightly runs from a local pub on a Monday evening from May to August. Routes are over lovely countryside with usually a choice of around 3 miles, 5 miles and 7 mile long routes. Then it's back to the pub for drinks and a meal if wanted. First pub run is likely to be on the 12<sup>th</sup> May. We are always after organisers or pub ideas. If able to arrange a pub run please e-mail tom with the pub and preferable date or any ideas for pubs to run from and Tom can include them as suitable.

## In Tribute to Bill "Hills" Allcock

Many thanks to the Allcock family for the background, photographs and permission.

Not all club members will know who Liss Runners legend William Allcock was. Some may know this old supportive, talkative, cheerful gentleman who occasionally turned up and supported our runners on some Handicap races and other events with his faithful wife Julie. But it was not so long-ago Bill was taking the Wednesday Liss Runners training sessions from the sidelines. Further back Bill was a long-time trainer, very frequent volunteer at Liss Runners organised races and taking part in races and events. He was a Liss Runner for almost 38 years. Offering great support to the club and a wealth of running experience. He is a huge lost to the club.

Bill's story: Bill was born in 1936 in Cornwall. The Second World War found him North of the Chichester area. Exciting for a child...with the high number of military airfields, with countless dog fights in the skies above, later in the war "doodlebug" V1 missiles flying over on the way to London and the South Downs becoming an army training area... but very worrying for the adults.

After the war Bill starting to get interested in running but was called up for National Service. He choose the RAF as there was more opportunity for him to continue with his running and was based at RAF Chessington. An early claim to fame for Bill was to help the station's cross county team win the 1955 RAF National Cross Country Championships; unheard of for small RAF station that RAF Chessington was. Bill was awarded a nice gold medal and a weeks leave from a grateful station commander.



The winning team of the 1955 RAF Cross Country Championships with Bill bottom left

After his National Service ended Bill finished an apprenticeship in the building industry. This led to a career with building merchant WW Hall of Basingstoke and later selling sheds and parts for Bourne Buildings of Farnham.

For his running Bill joined Aldershot, Farnham and District Athletic Club in 1967. This club is one of the top national athletic clubs of the country. Many World, Olympic and National class athletes have been members such as Christina Boxer: Commonwealth 1500m gold winner in 1982, Roger Hackney: Commonwealth silver medallist in the Steeplechase in 1986, along with Olympic distance runner Zola Budd choosing the club when she moved to the UK. The club also had talented coaches such as national coaching legend Ron Stonehouse. Bill would have frequently "rubbed shoulders" with these athletes along with racing with the stars of the time and seeing how they trained.

Bill lived a lot of his life in his house in Headley Down. This gave opportunities for local runs around the Ludshott Common and Frensham Common areas where I was told he had his own "Bill's Hills"! In 1987 Bill saw an advert in the local press about a local running club, followed the instructions and became a member of Liss Runners. He quickly became a valued club member helping and taking part in races such as 3 London Marathon (with a fantastic time of 3 hours 40 minutes in the 1993 race at an age of 57), 10 Great North Runs, and many other races such as the Three Peaks, Butser Runs and Portsmouth Half.



Bill's medal cabinet

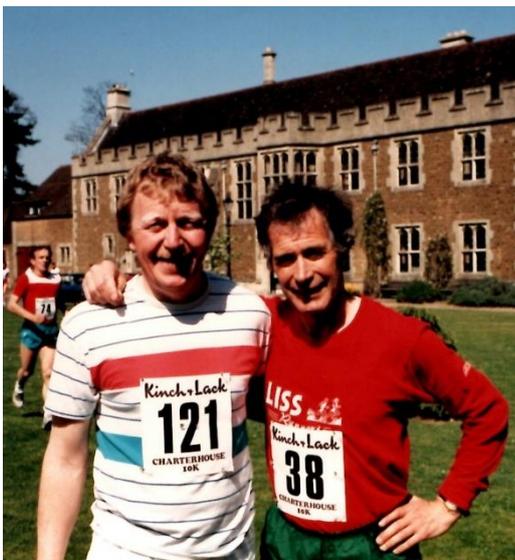


Bill finishing the 1990 London Marathon



Liss Runners photograph some years back: Bill bottom right: some old faces and some youthful faces!

Bill used his extensive running experience on the Wednesday training sessions he took, specialising in interval and hill training. These sessions worked and have formed the basis of what we get up to on Wednesday evenings. Bill was never shy of coming forward to help and he and Julie had every year marshal points on the Liss Races: Milland Valley Trail Race and The Harting Trail race. Bill was so supportive of other runners and often followed our runners on the South Downs Relay and The Emsworth to Basingstoke Relay. When you met Bill, he was interested in how you were and what you had got up to. He was forever cheerful, always with a smile on his face. Just a real pleasure to be around.



Bill tribute from Tayna Roberts...

Sunday club runs with Bill, especially winter ones, were always memorable. We started the run with a social mile, everyone running to the slowest runners pace, Bill moving backwards and forwards in the group chatting to as many runners as possible before we separated into groups for the different distances and paces. I often ran with Bill's group. Although he was much quicker than most of us, he was always happy to run beside one of us in the group, chatting away and making the miles fly by. We were also happy to have Bill running beside us until winter came along, then nobody wanted him running beside them!

Bill always ran alongside someone, chatting away as usual, then a very large puddle would appear and you knew you were in trouble! Bill seemed to know exactly where every puddle on every route was and as it got closer, he would slowly but deliberately start drifting into the side of whoever was beside him, his elbows moving out and making the runner (often me) move further over. There was no point trying to change your pace or move out, Bill had every move covered and his elbows were very sharp! He'd carry on chatting and a familiar laugh came out as the puddle came up and there was nowhere to go but through it! As I splashed my way through many freezing cold puddles, he would always give an innocent laugh and ask how my cold, wet feet were. I don't recall Bill ever finishing a Sunday run with wet feet! I often run through puddles now just for the fun of it, always thinking of Bill and those Sunday runs.

Something Bill taught me that has stayed with me is that when running in a large group of people, particularly at the start of a race, just move your elbows out to make a space for yourself. I've tried it and it works, turns out my elbows are just as sharp as Bill's!

Thank you Bill for the memories, fun, laughter and friendship.

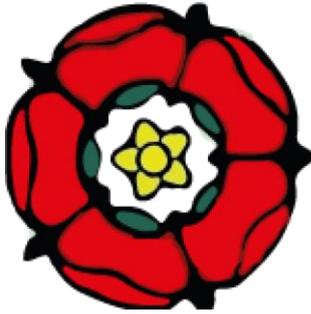
Bill tribute from Jacqui Waddle...

I remember taking part in the 2004 South Downs relay and Bill was there at every changeover point cheering us on .

I particularly remember doing the last leg and coming up to Cheesefoot head and hurling my water bottle to him as I didn't want to carry it any more.

He never complained and as always just cheered me on and smiled !!

# Hampshire Road Race Reports



## Gosport Half Marathon

Steve Armstrong

A 17 strong Liss Squad at the Gosport Half Marathon this morning. The 4th race in this season's HRRL.

The men finished 3rd and stay top of league A2. The ladies finished 5th and move up to 7th in league A1.

Gosport is a fast and flat course, with great PB potential. Just over 1,400 took part this year on the race around Gosport, along the Lee on Solent Seafront. We were treated to great racing conditions, cool but considerably less windy than last year's event.

Strong running from all the squad, with a number of HM PBs. Our Wednesday interval sessions are definitely paying off, thanks to our fantastic trainers.

Great to have Ed, Neil, Polly and Meg racing in the road league for the first time too. Big thanks to Polly and Meg who both entered on the day to make up the ladies team, and get well soon to the Lissers that couldn't make it today because of colds and injury.

Finally thanks to Laura and James for coming to support, and taking fantastic pics.



An additional report on the Gosport Half from New Liss Runner Meg

A couple of weeks ago Liss Runner Meg raced in red for the first time, and at the same time smashed her longest ever run.

"I completed my first half!! I had a very late entry into the Gosport half earlier this month to help Liss in the HRRL, in some ways this was probably the best way for me to run my first half, no expectations and no anxiety to the build up.

I absolutely loved it! The support round the course was so good and it really helped in keeping me going! I have a lot to thank Liss runners for, all the track sessions and trail runs are paying off, and it's great to be in a group of incredible individuals supporting each other!"

Massive achievement Meg. Awesome work!



## Victory 5

Steve Armstrong

Now in its 78th year, the Victory 5 (mile) at the Lakeside Business Park in Portsmouth is one of the top 5 mile races in the race calendar and offers a flat, fast and virtually traffic-free course.

The Met Office showed rain early on, and by race start, sun and light clouds. This was not the case. We had rain throughout, turning heavier as the race progressed. The course was completely waterlogged, and almost felt more like a XC than a road race. By the end, the 24 Liss Runners were soaked through. But we all had massive smiles on our faces.

Loads of PBs from ladies and gents, way too many to mention. A V60 1st place for Andy Turner. Debut HRRL races from Leoni, Julia and Rob. Great to have you all aboard. A great team photo, which we're definitely better at organising. But unfortunately without Andy and Polly (again). We'll get you in one Polly.

Thanks finally to our support team including our very own Liz, who cheered us all, took a load of great photos, whilst simultaneously juggling a load of little Lissers.

Results wise it was another strong performance from Team Liss:

**Mens** - 1st place and overall top of league A2 after 5 races

**Ladies** - 2nd place and overall 6th in league A1 after 5 races



# Stubbington 10k

Steve Armstrong

Stubbington 10k 2025 - HRRL #6

A fantastic turnout for Liss today on what was a cold but otherwise perfect day for a road race. Lots of new faces along with long standing team members created a buzzing atmosphere amongst the team.

We had some brilliant performances from all today, PBs and great times recorded, but special mention needs to go to Phil Avery who finished 1st male V45 in a time of 34:21. Well done, Phil!

Not only did we have a great team of runners out today, we had a team of supporters cheering, holding warm kit and providing post run hugs and congratulations. Plenty of photos to view on the main Liss Runners WhatsApp group.

Well done Team Liss! We are waiting for the league standings to be available:

**Mens** - 3rd place and joint 1st in the league overall and looking promoting for promotion to the top league for next season.

**Ladies** - 4th place, raising us up to 5th overall in the top division.



# Hampshire Road Race League - Ryde 10

Steve Armstrong

Well that was a great day out! Ryde 10 did not disappoint!!!

After a clear, crisp, early start a large Liss contingent (runners and families) made the trip across the water to the Isle of Wight. Some opting for car shares from Portsmouth to Fishbourne, others taking the cat or hovercraft directly into Ryde. For first timers this can seem pretty daunting, but it's really a simple/stress free process.

The course is single lap, extremely undulating (*er hilly surely, Ed*) and scenic, covering Ryde, Puckpool, Seaview, St. Helens, Nettlestone, Seaview (again) and back to Ryde. A slightly different course to previous years, with the last large hill being omitted. The finish location then brought us to where we set off.

Great runs from all of the team. Notably Phil Avery finishing 1st in his age category. Catherine Seager and Anna Wemyss finishing 2nd in their age categories too. Liss ladies also took 2nd team place on the day. There was also a large number of 10 mile PBs, on what is definitely not a PB course.

Once finished we made our way up the hill in Ryde for food and drinks. It seems we all had one more hill in us after all.

A beautiful sunset on the return journey finished off what was a pretty special race day.





# Reports

## **Southern Cross Country League - Lord Wandsworth College**

Steve Armstrong

Lord Wandsworth XC is the 2nd race in this season's [Southern Cross Country League](#) (SCCL). The approx 4.5 mile (7.2k) course is "undulating", mostly woodland tracks and paths with some muddy areas. Plus a few even muddier areas!!

I don't think anyone reminded the weather this year that Lord Wandsworth was on. It was relatively mild, zero rain, and there was a slight wind. Nothing like past years where it whips across that starting field, usually accompanied by freezing sideways rain. I didn't mention this as a possibility to the newer members!

22 red vests took to the course. A really great number considering it's a really busy time of year with last minute Christmas prep, holidays etc. A few colds are also doing the rounds still.

Big welcome to Zoe, Rob, and Abhi running their first cross countries for us. You all absolutely smashed it!!! Hopefully LW hasn't put you off, haha.

Then there was the ever growing, and extremely important support team, who provided transport, childcare, photos, scoring, food, and refreshments. The smell of mulled wine, sausage rolls, cakes, mince pies got some interest from the other clubs. Our friends at Petersfield Tri, a couple from Farnham Runners, and one or two Altoners had a glass and a bite.

Big THANKS to Laura, Liz, Stuie, Andy, Kev, and Ben!!! Not forgetting all the very well behaved little Lissers!!!

A strong performance from Liss Runners with both the ladies and gents finishing 3rd, giving us an overall 2nd place finish to go with a second place from the first race. Another fantastic result for team Liss. Massive thanks for everyone who took part.

**Ladies** - Catherine Seager 8th, Nicky Thorneycroft 10th, Jackie Lloyd 15th, Laura Rogers 36th, Zoe Snow 44th, Sarah Tyas 53rd, Emily Durrant 121.

**Mens** - Phil Avery 5th, Rob Peters 6th, David Reid 25th, Steve Armstrong 28th, Tom White 49th, Dave Brown 53rd, Paul Turner 61st, James White 71st, Tom Frost 76th, Andy Paton 94th, Stavros Valourdos 99th, Abhi Soni 104th, Paul Hawes 123rd, Adrian Albury 140th, Neil Gwatkin 194th.



# Southern Cross Country League - Alice Holt

Steve Armstrong

It's a **1st Place** for team Liss. Both the men and woman had a 3rd place in their competitions leading to a 1st place overall.

24 red vests racing this morning as well as the usual strong support team. Apologies to everyone who didn't make the team pic. Slightly manic start, so we tried to get to everyone together at the end.

Great work from the Liss squad. Alice Holt is a very tough course, which gets progressively hillier and muddier. It was also noticeably chillier . . . that was soon forgotten about once we got going.

Welcome to the new members trying this course, and to those running a XC for the first time.

It's a pretty difficult time of year to get teams together, I had an awful lot of messages from Lissers who couldn't make it today. We have so many away for the holiday, and even more suffering with yet another cold doing the rounds. So a massive thank you to everyone who came out.

3 down...3 to go!!! Let's go Liss!!!

**Ladies** - Catherine Seager 7th, Polly Sharpe 20th, Sue Godsall 34th, Kate Parker 35th, Laura Rogers 48th, Sarah Tyas, 50th, Emily White 60th, Julie Whetlor 61st, Annett Heitsch 70th, Leoni Barber 82nd, Mel Jenson 134th.

**Mens** - Phil Avery 3rd, Paul Stokoe 18th, David Reid 20th, Rob Nugent 29th, Steve Armstrong 38th, Tom White 44th, Warwick Parker 50th, Dave Brown 53rd, Paul Turner 55th, Andy Paton 85th, Stavros Valourdos 91st, Peter Anderson 102nd, Richard Pegden 129th, Neil Gwatkin 185th.



## Southern Cross Country League - Chawton House

Steve Armstrong

Chawton House XC, race number 4 in the 2024-25 [Southern Cross Country League](#) (SCCL).

Liss fielded 43 runners this morning, a new record club turnout for a race. Supported by a large crew of partners, and an ever growing gang of little Lissers. The Liss family is growing considerably, with lots of new faces. A MASSIVE welcome to all of you.

I think we'd all agree that [Alton Runners](#) put on a fantastic event. Led by their new race director Darren. Great job by him and his team.

The weather was chilly, but course conditions were perfect. Possibly more like a trail race than a full on XC. Certainly no complaints here though.

And the result - another WIN for Liss, first overall. That's 2 second places and 2 wins in the first 4 races. This should make for an extremely interesting last race next month at Bourne Woods, Farnham. A league win is within grasp if we can get another strong turnout from Lissers.

Great work everyone, I can't thank you all enough for everything. Very proud to wear red!! Let's go Liss!!!

**Ladies** - Catherine Seager 5th, Emily Connolly-Brown 6th, Lara Jackson 12th, Kate Parker 33rd, Sue Godsall 34th, Rosie Dyke 42nd, Sarah Tyas 43rd, Laura Rogers 47th, Laura Batty 54th, Leoni Barber 61st, Jayne Jeffrey 62nd, Emily White 63rd, Annaliese Shaw 65th, Annett Heitsch 67th, Michelle Norton-Hughes 110th, Pai Tang 113th, Mel Jensen 149th, Emily Durrant 168th, Alex Wilkinson 176.

**Mens** - Phil Avery 6th, Jhon Cosgrove 9, Paul Stokoe 19th, David Reid 26th, Rob Nugent 33rd, Tom White 42nd, Andy Brown 44th, Steve Armstrong 46th, Tom Bennie 47th, Dave Brown 66th, John Harefield 69th, James White 81st, Tom Frost 84th, Paul Turner 87th, Neil Hancock 91st, Stavros Valourdos 95th, Andy Paton 105th, Paul Hawes 121rd, Adrian Albury 136th, Doug Ramsay 161st, Kevin Durrant 185th, Paul Judge 191st, Neil Gwatkin 202nd, Simon Tack 215th.



<b>Overall</b>									
Club	Benyon's	LWC	Alice Holt	Chawton	Bourne	Total	Position	Top 3	Position
Liss Runners	2	2	1	1		6	1	4	1
Basingstoke & Mid Hants AC	1	1	8	3		13	2	5	2
Alton Runners	3	4	2	5		14	3	9	3
Denmead Striders	5	5	2	3		15	4	10	4
Haslemere Border AC	10	8	2	2		22	6	12	5
Farnham Runners	8	3	5	5		21	5	13	6
Fleet & Crookham AC	5	5	6	8		24	7	16	7
Hart Road Runners	4	8	9	8		29	8	20	8
Portsmouth Tri Club	7	13	9	5		34	9	21	9
Hook Runners	9	7	9	10		35	10	25	10
Stubbington Green Runners	19	10	6	15		50	13	31	11
Hatch Warren Runners	11	11	9	14		45	11	31	11
Cove Joggers	11	11	14	12		48	12	34	13
Fareham RC	13	14	13	11		51	14	37	14
Farnham Triathlon Club	18	15	14	15		62	15	44	15
Waverley Harriers	21	20	14	13		68	18	47	16
Sherfield Park Runners	13	17	18	18		66	16	48	17
Gosport Road Runners	16	16	17	17		66	16	49	18
Chineham Park RC	13	19	21	20		73	19	52	19
Victory AC	17	18	18	21		74	20	53	20
Portsmouth Joggers	20	20	20	19		79	21	59	21
Petersfield Triathlon Club	22	22	23	22		89	22	66	22
Havant AC	23	23	22	22		90	23	67	23

Proof we are in first position! Results table after 4 events and one to go.

## Liss Runners Christmas Get together Dinner

Many thanks to Alison Studwick for superbly organising our annual Christmas get together dinner this year. It was held at The Half Moon pub in Sheet on Saturday 7<sup>th</sup> December. We had around 30 club members and partners in the front dining room on three tables. There were around four other groups in the larger room with a chance of a bogie with the communal disco (once the dinner allowed!).

Food delights to choose from, were: for the starter was celeriac and chestnut soap, smoked salmon and prawn parcels, chicken and mushroom pate and



tomato arancini. For the main it was from: Turkey, beef, cod teriyaki or butternut and spinach filo tart. For the desert it was from: Christmas pudding, white chocolate and berry meringue roulade, rum plum crumble or banana nut pudding. Ending with coffee and mini mince pies.

Same again next year! Look out for details around October.



# Boxing Day Run/Walk



Liss Runners hold an annual Boxing Day social run with a shorter walk alternative. Last year the run was held around the Durleighmarsh area to the East of Petersfield. This year I wanted to hold it towards the North of our area. Passfield and Headley were options but the paths not quite right. Grayshott had a good car park with toilets opposite the main church. So, this was the start and finish location.



The runners at the end of one of the Waggoners Wells lakes being distracted by Jacqui's dog Bertie coming out behind us!

I was originally going to take the run towards Frensham Great pond (good track options), Churt and back up to Grayshott but the climb up from Churt, wow! Just a bit too cruel.

Instead, the route was set as going East from Grayshott, along some nice wooded paths along the top of Whitmoor Bottom, through the gorse and fir trees of Ludshott Common before a drop down to the lakes of Waggoner's Wells, round the lakes to the wishing well and back to Grayshott along the track valley for flapjacks, cake and chocolates. The walkers missed Ludshott Common.

We were lucky with a dry still day. Next year the run will be back down South somewhere. Any comments or ideas/suggestions for next year just let us know.



Ludshott Common



Waggoner's Well wishing well

# Liss Runners Kit Corner

For any Liss Runners running gear please contact our "kit man" Stuart (Stuie) Lavalette: [stuielavalette@gmail.com](mailto:stuielavalette@gmail.com).

Note: to run in team events – such as the Southern Cross Country League races – you need to have a Liss Runners top on.



Kit available:-

Available in Male and female cuts: Running vests, T shirts and long sleeved T-shirts.

Unisex: hoodies, fleeces, rain jackets, winter jackets, head bands, baseball caps.

There are also options to have hi-viz reflective markings on vests and T-shirts that show up in car headlights. Ideal for winter evenings.

Note: The last picture is of the hi-tec running vest – fairly expensive. There needs to be a certain number in an order. An order will only be placed when there are enough items. If interested let team captain: Steve Armstrong ([stevearm85@hotmail.com](mailto:stevearm85@hotmail.com)) to go on a future possible order list.



## Fancy a race...

Every Saturday 5km [Parkruns](#) at 9am: local [Parkruns](#): [Hogmoor Bordon](#), [Queen Elizabeth Country Park Petersfield](#), [Alice Holt](#). Note: to be included in the results you need to be registered with Park Run and have a bar code to show at the finish.

Sun. 23<sup>rd</sup> Feb: [QE Big Mud Marathon and 16 mile](#) ; [Winchester 10km RR](#); [Bourne Woods \(TBC\) SCCL](#) ; [Awbridge half and 10 mile](#).

Sat. 1<sup>st</sup> March: [Fitstuff G3 trail race Guildford](#).

Sun. 2<sup>nd</sup> March: [Brighton Half](#) ; [Croudace Homes Festival 5k Basingstoke](#).

Sat. 8<sup>th</sup> March: [Maverick Trail Race Winchester](#).

Sun. 16<sup>th</sup> March: [Surrey Half & 5km Woking](#) ; [Fleet Half](#) ; [Ox & Wood 10/20 mile trail Andover](#).

Sat. 22<sup>nd</sup> March: [Chichester Harbour Run](#). [Surrey Hills Marathon](#).

Sun. 23<sup>rd</sup> March: [Eastleigh 10k RR](#) ; [Reading Half](#); [Combe Gibbet to Overton 16 mile trail race](#).

Sat. 29<sup>th</sup> March: [Stansted House Trail Run](#).

Sun. 30<sup>th</sup> March: [Cranleigh 14 & 21 Mile RR](#).

Sat. 5<sup>th</sup> April: [Cowdray 5k/10k/10 mile trail races Midhurst](#).

Sun. 6<sup>th</sup> April: [Salisbury 10 mile RR HRRL](#) ; [Southampton Marathon/Half/10k/5K](#)

Sun. 12<sup>th</sup> April: [South Downs 50](#).

Sun. 27<sup>th</sup> April: [Bluebell Trail Race, Worthing](#).

Sun. 4<sup>th</sup> May: [Worthing Half and 10km RR](#); [Three Forts Marathon/Half/5 miles Worthing](#).

BH Mon. 5<sup>th</sup> May: [Bigwayround Winchester](#).

Sun. 11<sup>th</sup> May: [Alton 10 mile RR HRRL](#). [Woodland Woggle 10/5k trail Farnham](#). [Cocking 10k trail race](#).

Sun. 18<sup>th</sup> May: [Netley 10km RR HRRL](#). [Hook 10m/10k RR](#). [Godalming 10km](#).

Sat. 24<sup>th</sup> May: [Fox Ultra 20/41/62k Godalming](#).

Sun. 15<sup>th</sup> June: [Alresford 10km RR HRRL](#).

Sun. 6<sup>th</sup> July: [Lordshill 10km RR HRRL](#).

HRRL = Hampshire Road Race League race.  
League race.

SCCL = Southern Cross Country  
Page 26

## Runner's Profile: Caroline Brown

Where were you born?

*Enfield, North London.*

Where have you lived?

*Enfield, Denmead, Horndean, Portsmouth, Woking, and now Petersfield.*

When did you get into running?

*I don't really remember ever 'getting into' it, it just sort of became part of my life. I joined Havant AC when I was in Junior School just after I turned 11 and I've run ever since. I often wonder what my life would be like if I'd never started running, and aside from miserable because running is awesome the only other conclusion I've made is my shoe cupboard would look empty without the various pairs of trainers.*



What got you interested in running?

*A PE teacher at my Junior School mentioned to my parents I seemed to be ok at running, so I joined Havant AC and that was that! As a teen it was great because having this as a hobby excused me from having a paper round, a fate which both my brothers had to suffer.*

What do you like about running?

*It's been so long I've forgotten....do I even like it?*

*Just kidding, I don't just like running I LOVE it! It's my thinking time, and my time for me. I also love feeling like I've challenged myself and worked hard.*

Anything you don't like about running?

*Being injured, chafing, being injured, cross country, being injured.*

Do you have any running heroes or memorable running events, that you have watched, that have stuck in the memory?

*Watching Kelly Holmes win her two Olympic Golds in Athens 2004. When I ran track (many years ago) I was an 800m runner so she was my running hero!*

What and when was your first running race?

*Does school sports day count? That was definitely my first race! Outside of that, I'll take a stab that it was a junior cross country probably around 27 years ago. The hatred for cross country has been building a lonnnngggg time!*

What running performance are you most proud of?

*I'm really proud of my marathon PB which I got in Edinburgh 2023 but I'd say my most proud for me as a person is Amsterdam Marathon 2024. Training hadn't gone well or been consistent due to illness, bowel surgery and this pesky tendinopathy, and after about 10k I truly wanted to quit. I'm proud of this one because instead of giving up because it wasn't the run I'd originally planned or wanted, I dropped my pace and chose to enjoy the rest of the course and get my medal. It wasn't easily mentally to get through but I can be quite very stubborn at times! I also didn't sh\*t myself which was a miracle and a huge relief!*

What has been your favourite running event?

*Without question the SDW Relay 2023. I loved it and it was my first proper team event with Liss.*

*This would be closely followed by the Emsworth to Basingstoke Relay 2024, another really great day with the Liss team.*

What type of terrain do you prefer (trail, road cross country)?

*Road but I do like chilled trail runs when they are for exploring.*

*Never, ever, cross country.*

What race distance do you prefer?

*Marathon. Shorter races just feel like I'm about to die from 500m in, at least with a marathon you get a good couple of hours before feeling like that.*

How did you get to join Liss Runners?

*I wanted to join a club when I moved to Petersfield so I could find fellow local runners, signed up with good intentions and then didn't actually attend anything to meet anyone for about a year. Look what I missed out on!*

Can you list a typical running week training wise?

*Such a joker. What's running again?*

*When I'm actually running I tend to run 3-4 times a week (one interval session, one long run, and easy runs in between) and do a bike session 1-2 times a week. I'll always add in a strength session too. I don't believe in mega miles, when I'm marathon training I rarely go over 60km a week.*

Have you a running bucket list and if so, what's still to do?

*The original Athens marathon is one I really want to do. I do also have aspirations to complete an ultra of some sort. One day. Maybe.*

Is there any interesting or funny running stories or anything else that may be of interest to fellow club members?

*When I'm not injured I do actually run the events I badger you all to run for the club...so apologies to those of you who've only met me as a sideliner or not met me at all!*

*My interesting fact is that me and my husband (Andy, who is also a club member) currently own the world record for a mixed pair running a marathon handcuffed together. We set the record with a time of 3:08:46 at the Berlin Marathon in 2023 which broke the previous record by 10 minutes. Unfortunately for us, when we applied to attempt the record it stood at around 3:45...then another couple from Canada broke it in May 2023 with a time of 3:18 and we had to step up our training!*

Finally, Stats...

Can you list your personal best for mile, 5km, 5 mile, 10km, half marathon and full marathon? The ones you've done.

*5km 18:27*

*10km 37:50*

*Half Marathon 1:21:58*

*Full Marathon 2:53:54*

# Training Matters: Hill Training

There you taking part in a race, cracking on with good pace, picking off some of your rivals. You come to a bit of a rise in the route. Your breathing becomes laboured, your legs heavy, quads start to tighten and your pace drops. Your rivals go past one after the other. The rest of your race is uncomfortable. Bang goes a good time and placing. What's happened? Sounds like you could do with some hill training to get your body ready for future slopes.

So Bill's Hills was right. If you are going to race in events with rolling or hilly courses, hill training is important. Hill training is like interval training on steroids! Gravity is an additional training aid.



"The Beast!": the infamous climb up towards the Poet's Stone above the village of steep; Too steep for general hill training.

**Advantages doing hill training:** it is one of the best ways to build running strength. Like interval training, hill training forces muscles and the lungs to work harder. Running stride should become more efficient. Almost all your muscles will be worked, especially the quadriceps. Heart rate increases running uphill and becomes stronger. Your lungs will become more efficient. Legs and arms will need to work better together with more of a pumping of the arms all improving running technique. All the above will increase your endurance and lengthen your running time until exhaustion. Hill training is also hard, leading to you becoming a tougher more resilient runner.

**Hill training pointers and suggestions:** For any treadmill running you want to turn into a kind of hill training, set the degree incline between 10 to 12 degrees.

Hill training is hard and it would be advised not to do more than one session a week. After a hard hill training session have a rest or easy day. If you are new to hill session or have not done any for some time start off easy and work the effort and hill distance up when your body is used to running uphill. Ensure to warm up on flat and easy ground before any hard hill training. Eight to ten minutes should be enough with a couple of minutes more if very cold. Cold uphill running can risk muscle tears or other injuries. Also have a warm down run and stretch down after your hill session. The hard, anaerobic effort will build up lactic acid and the warm down will help disperse the lactic along with loosening off the muscles. After a hard hill session or race you will often feel a stiffness at the top of your quads. That familiar trouble getting down the stairs! It will go after a few days and your legs will become stronger; the stiffness should be lessened with a warm down and stretch. At the hill bottom try to gauge your pace. You are after a hard but even pace. If you go too fast to start, there is a risk of exhaustion and stopping before the end of your hill climb section.

**Hill running form:** As the slope steepness increases your knees should come up further. Help them along with a good pump of the opposite arm. The arm will go further in front of your body but don't let the hand go up too high. Arms should go straight ahead and not cross over the body. Try to keep the back straight and don't hunch your shoulders. Your lungs will need more air due to the effort. Keep your head up scanning the ground ahead for any obstructions. Allowing a good intake of air through the mouth and nose, down the throat to non-obstructed lungs. Foot strike will be more on the forefoot. The Achilles tendon will be more used. It may be worth including Achilles strengthening exercises with you stretching (such as using a step or stair edges) especially for older runners. Running strides will be shorter and the cadence quicker. Try to not let the body stiffen up; keep relaxed as far as possible with the hard effort.

**Suggestions for hill training sessions: Informal:** Pick a training route with hills – such as my route in the last newsletter - work the hills and recover going downhill or along the flat. There is also merit with working hard over the top of the hill and down the other side. If you can do this at the hill top, beyond and going downhill are great places to pass runners in races where the other runners slow down due to tiring up the top of the hill.

**More formal hill sessions:** Pick an even sloped hill with a good surface.

**Distance sessions:** chose a hill with a certain uphill distance, such as 50 meters, run hard uphill to the top and recover downhill. Do this for eight to ten times. As you improve chose longer hills. **Timed hills:** very similar to distance but run for a time such as three minutes and again recover down. Do 8-10 times as for the distance sessions. Again increase the effort times as you improve.

**Short hill sprints:** do hard hill efforts for a shorter time and recover at the top, walk back to the hill bottom. **Hill ladders:** Pick a longer hill and run up hill in stages for a set time. Either stop and recover or recover down and increase the second uphill section. Vary the "ladder" sections to suit the training session.

**Long hills:** Grind up the whole long hill and recover at the top (unless continuing up and over the top). Remember try for even pace or you won't make it to the top!

**Going downhill:** It's also a good idea to train on the downhills as well. All good to pass runners not used to the downhills! Pick even hills with few tripping hazards. Relax going downhill and "work" with the slope. Legs act as your brakes but too much leg "breaking" and your legs will quickly become fatigued. Keep the head scanning the ground ahead for the best running route with chest out, core tight, natural neck and shoulder positions to keep the airways and lungs all nice and clear for maximum air intake. Arms and elbows should be used for balance with arm adjustments to keep your body stable. For steeper hills running in a zig-zag style to and fro across the slope will provide the breaking. Striders will become shorter with steeper slopes. Near the bottom of the slope, especially the steeper hills strides can become longer as the slope runs into flatter surfaces.

For hill lovers races available are many trail races around the area especially over the South Down and North Downs, Dorking being a base for many. Hill races are the Butser run, Gibbet Hill run from Haslemere (being reinstated this year after a break for a few years), Box Hill race (very tough) and a fell run series based in Ventnor Isle of Wight. For "real" fell races you will need to go North to mountain regions. Many will have letter classifications: -

Climb classifications: A = not less than 50m of climb per km; B = 25m of climb/km and C = 20m of climb/km.

Distance classifications: L = long 20kms or more; M = medium 10 to 20kms and S = short 10km or less.

Butser run is an AS race.

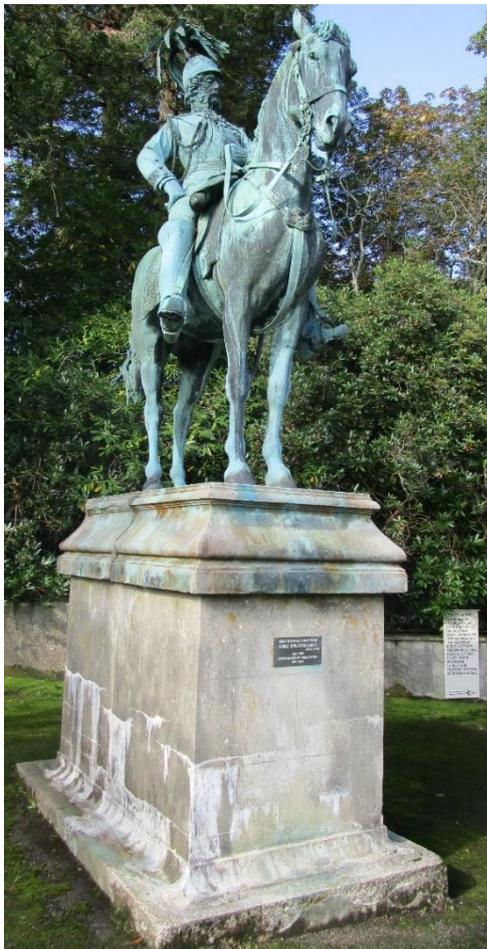


Climb up Butser Hill: mostly an even climb, suitable for "hill ladders" or a long hill climb.

## Fav. Run: Liphook to Liphook via Griggs Green (approx.6 miles)

Don't forget if you've a fav. Run route get me some details and I can get it in the Newsletter to let other club members know about it.

This edition it's another one from me: Parking can be at Liphook's Station Road Car park (it has Liphook and Liss Surgery at the back: post code GU30 7DR; what three words healthier.dollar.butchers). 5 hours of free parking. Come out of the car park and turn left to go along Station Road to a main Road. Turn left again and follow the main road down to The Links Pub. Take the bridleway behind the pub sign. To shortly go past houses and reach a left to right tarmac drive at a golf course. Turn right to take the drive through the Folly Estate. You'll soon come across this distinguished gentleman ...



Liphook's Station Road car park

This is Field Marshal Hugh Rose (AKA Lord Strathnairn) – well a statue of. He fought in the Crimean War, was a military adviser to the Ottoman Army and was in command when there was the Indian Rebellion. The statue was cast from captured guns and should not be here at all. It was originally in London but was put in storage when Knightsbridge underground station was expanded and presumably got bought by the owners of The Folly Estate.

Keep on the same bridleway/tarmac drive up, then down through fields to a wood/heathland edge where there are multi public paths going off. Here take the right rough track bridleway soon to reach The Deer's Hut pub. Go over to the pub sign to take the bridleway to the left and behind the sign. Soon reach a main road. Turn left, cross over the road to get to marked public bridleway opposite.

Take this bridleway and follow bending up to cross the bypass on the footbridge. Continue on the marked bridleway around left, along and a drop down to a narrow tarmac lane. Here turn right to follow lane. Soon cross a footbridge to the side of a stream ford and go up to a sharp left bend in the lane by the drive of Conford Park.



Conford Ford

### The Deer's Hut Pub

Turn right off the lane to take the marked bridleway down the drive. Continue on the bridleway as it soon becomes a rough track running alongside horse fields. Reach a main road. Keep straight on to go up the pavement of the main road passing houses. Keep on the pavement uphill then along almost to the bypass bridge. Before the bypass bridge turn left to cross over the main road to a lane turn off.

At the lane junction take the drive/footpath on the left (to left of National speed/single track road sign). Keep on this drive and just passed the turn off to Bramshott Vale Farm go over the stile into the field on the right. If you're lucky you might see one of these beasts...



Highland cattle

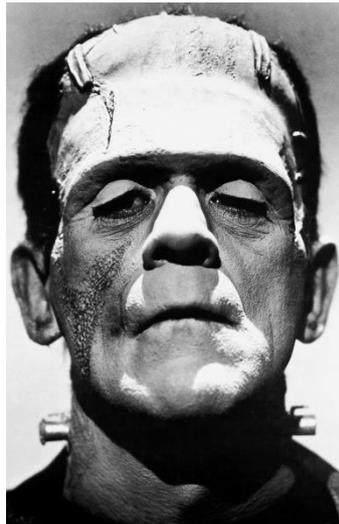
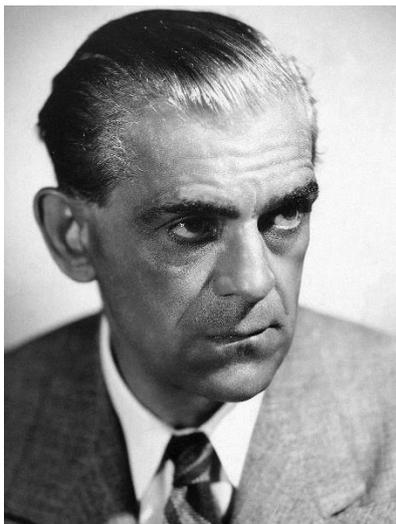
Go down through the field diagonally left to get to a house drive (lovely house! As next page). Turn right to go up to a lane. Turn left to follow lane to right lane turn off in front of a pink walled house. This house was lived in by William Pratt towards the end of his life (AKA Boris Karloff) mostly known for playing 1930s/40s Hollywood horror roles such as Frankenstein's Monster, Fu Manchu and Imhotep (mummy).

Turn right to go up the side lane and take a look at the end wall of the pink house: there is the death mask of Boris on the wall. Keep going up hill on the lane. Near to the top turn right off the lane and up steps into a church yard.



Looks like it should be in a Jane Austin drama!

Boris's death mask and house



The church is St. Marys, Bramshott. Its gothic like and I was disappointed to find out Boris was not buried here with a large gothic gravestone but was cremated at Guildford.

Go right and follow the path round to the back where there is a Commonwealth War Graves site with around 350 graves mostly Canadian casualties from the First World War.

Boris Karloff

As Frankenstein's monster

There was a large Canadian training camp and hospital on the nearby Bramshott common.

Keep on the public footpath as it leaves the graveyard towards the right corner – in front of the Commonwealth gravestones – under a lynch gate. Continue on the footpath as it goes under the A3 bypass and finishes at a pavement and road.

Turn right and follow footpath passed the "Canadian Bridge": commemorating soldiers who passed over the bridge and who did not return. Continue on the pavement to follow the road to Liphook Centre. Go straight over both mini-roundabouts (signed Rake) and go down the road to Station Road turn off on the left. Turn left to get back to the car park.



Bramshott Commonwealth war graves



Under the A3 bypass



Canadian Bridge

And the last word (or picture!) from this gentleman:  
Mr. William Allcock...

